

How does smoking affect my mouth?

Smoking makes problems with your mouth worse. Smoking raises your chances of getting gum disease, oral and throat cancers, and oral fungal infections. Smoking also discolors your teeth and makes your breath smell bad.

Smoking and diabetes are a dangerous mix. Smoking raises your risk for many diabetes problems. If you quit smoking,

- you will lower your risk for heart attack, stroke, nerve disease, kidney disease, and **amputation**
- your **cholesterol** and blood pressure levels might improve
- your blood **circulation** will improve

If you smoke, stop smoking. Ask for help so that you don't have to do it alone. You can start by calling 1-800-QUITNOW or 1-800-784-8669.

